

Main Courses

Catfish Stew & Rice

Serves 4

- 2 medium potatoes
- 1 14 1/2-oz can tomatoes,* cut up
- 1 cup chopped onion
- 1 8-oz bottle (1 cup) clam juice or water
- 1 cup water
- 2 cloves garlic, minced
- 1/2 head cabbage, coarsely chopped
- 1 lb catfish fillets
- 1 1/2 tbsp Hot 'n Spicy Seasoning
- sliced green onion for garnish (optional)
- 2 cups hot, cooked rice (white or brown)

Mix together all ingredients. Store in airtight container. Makes about 1/3 cup. Peel potatoes and cut into quarters. In a large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 10 minutes.

Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.

Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with a fork.

Serve in soup plates, garnished with sliced green onion. Top with an ice cream scoop of hot, cooked rice. Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.

Nutritional Analysis

calories: 355
total fat: 5 g
saturated fat: 1.3 g
carbohydrates: 49 g
protein: 28 g
cholesterol: 65 mg
sodium: 454 mg
dietary fiber: 7 g

Healthy Cooking Tip

Broil, steam, roast/bake, microwave, grill, braise/stew, boil, simmer, or stir-fry with a small amount of oil INSTEAD OF frying, basting with fat, or cooking in fatty sauces and gravies.

*To reduce sodium, try low-sodium canned tomatoes.